

## The Children

By  
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Executive Secretary, Michigan Tuberculosis Association.

Since time began it has been realized that if the young of animal and vegetable life were not given proper surroundings and care they would not grow into strong adults, and we would not have the perfect animal and the perfect plant which are both so valuable in the markets of the world. It is comparatively recently that we have applied this knowledge to our most valued national asset, the children.

Much work has been done by leading research workers to determine the factors most necessary to make our children 100 per cent in health. They are found within the reach of almost every one, namely, fresh air, proper food, rest.

Nearly every community now has a child welfare organization of some sort. People are beginning to realize that children do not just "grow" as Topsy did, but that there is a right and wrong way to bring them to healthy maturity. In order that America may keep her place among the nations of the world our citizens must be stalwart in mind and body.

We have not yet recovered from the shock we experienced when the army inspection found one-third of our young men physically unfit. This fact gave a great impetus to child welfare work.

What part has the Christmas Seal sale played in this fight for "Better Babies" and young people? The following child welfare work has been carried on under the direction of local tuberculosis societies and committees: CRUSADE in 23 counties; MILK LUNCH in 14 counties; HOT LUNCH in 7 counties; SCHOOL INSPECTION in 28 counties; LOCAL CLINICS in 17 counties; SUMMER CAMPS in 4 counties. Michigan has over 800,000 school children; about 200,000 have been enrolled in the Modern Health Crusade. This work has been almost entirely financed by Seal sale money.

The demand for all lines of health work is growing and this should encourage us to go on until every child in the state is reached. If the children are instructed in health habits early the battle for National good health is half won. But we must have money for this work, therefore

BUY  
CHRISTMAS  
SEALS  
AND SAVE  
HUMAN  
LIVES

## WHERE THE SANATORIA IN MICHIGAN ARE



## Does It Pay?

By  
DR. G. H. RAMSEY

The grand ballroom of the Waldorf Astoria with its gilded chairs, gold leaf and crimson plush hanging, crowded, not with an aggregation of millionaire amusement seekers, but with members of the National Tuberculosis Association at their annual meeting! Near the city of Detroit, a new institution, a thoroughly modern fireproof construction, built on a series of wooded hills—a million dollar tuberculosis sanatorium! And throughout Michigan many similar institutions, many clinics and hundreds of workers actively engaged in the tuberculosis battle! There are still consumptives, Most of us hear about some white plague victim every day, and, in our routine existences, we find little evidence that the time and money devoted to tuberculosis work are bringing desired results.

A study of the tuberculosis death rate is the best means of judging whether our question deserves an affirmative reply or not. If we are saving lives, the campaign is amply justified. Its cost is overbalanced by saving the state the financial loss incurred by deaths and the money expended in the care of sick and indigent patients.

The active campaign has been going on in this country for many years and for a much longer time in England and Germany. In France there has been less united effort. The death rate from tuberculosis in Paris is a great deal higher than in London or New York or even Berlin.

During the past few years our own death rate has dropped amazingly. Plotted representations of white plague victims all show gratifying downhill curves. The figures in our own state are most encouraging. From 1906 to 1910, 99.7 people in every hundred thousand died from tuberculosis; in 1919, 85.8. The difference, 13.9 people, a goodly number of men, women and children.

### Results of the Tuberculosis Battle

One family lives in a northern peninsula lakeshore town. Mr. Jones, as we shall call him, was found to be suffering from tuberculosis at a city five years ago. He followed recommendations, spent a long period at the state sanatorium, and returned home—cured? Unfortunately not. His case was too far advanced for that. Instead, he returned with an education. He learned the rules that keep tuberculosis people working and prevent them from spreading the disease to others. Since his return, he's been earning money enough to provide Mrs. Jones and the two Jones youngsters with a comfortable, green-shingled bungalow. Mrs. Jones and the children are free from consumption—Mr. Jones knows this is true because he's sent them repeatedly to the clinic.

This family and the thousands like them are, in a great measure, the results of the tuberculosis battle. They are the reasons for the labor and expense incident to large gatherings of workers, and for the building of new institutions. The satisfying downhill curve explains the patience and hopes for better things to come of all the active fighters in the battle—patience and hopes in spite of the too frequent death from consumption of somebody we know, and the daily passing in the street of an obvious lunger.

Does it pay? Of course it pays. The death rate figures are answers no one can dispute.

The fact to be remembered is that the battle is far from won. The victory is scarcely in sight. One out of every hundred Michigan citizens is a clinical consumptive. So far the campaign has been successful. It has paid. If saving the Jones families is to continue and our grandchildren are to regard tuberculosis as a rare disease, the fight must be carried on in the same energetic manner. Each of us must give time and money, and each of us must remember that organizations and sanatoriums are not anywhere nearly as effective tuberculosis weapons as carefully regulated lives that pay tireless attention to age old rules of hygiene and exercise.

## Tuberculosis Campaign Owes Much to Newspapers and The Women's Clubs

The fight against tuberculosis owes its success to voluntary workers who contribute their services. If it were not for such workers, the death rate in Michigan and all over the United States would be very much larger today than it is. These workers are from all walks of life, rich and poor, young and old, men and women, boys and girls.

But perhaps no two classes of people have done more voluntarily than the newspapers of Michigan and the women's clubs. Without these two agencies, the campaign against tuberculosis would be unthinkable. It is due in a very large measure to these two that Michigan today has one of the lowest tuberculosis death rates in the United States.

Tuberculosis is a disease of civilization and its eradication is to be accomplished by perfection in the standards of living of this civilization—"Public Health."



How Little Patients Can Be Am. While Taking The Cure

## Farm Bureau Head Says—



JAMES NICOLS.

President Michigan State Farm Bureau

The Michigan State Farm Bureau believes in organization and it believes in working for the common good. Because of this policy the Michigan State Farm Bureau feels that it has a big stake in the campaign against tuberculosis waged by the Michigan Tuberculosis Association.

The annual Christmas Seal sale that is about to begin is the only means available for financing this great campaign, and I bespeak for the co-operation of farmers all over the state. Tuberculosis finds its victims in the country as well as in the city, and the fight against it must be a united fight. By supporting the seal sale farmers will be doing their share to curb this great menace.

(Signed) JAMES NICOLS,  
President Michigan State Farm Bureau.

## In Your County

How many deaths from tuberculosis were there in your county during the past year? Below is printed a list of the deaths from tuberculosis in each of the 83 counties in the state during that year. It is estimated that for every tuberculosis death in a given year in a given county there are nine cases of the disease. You can therefore roughly estimate what your tuberculosis population is by multiplying the number of deaths in your county by nine. The statistics given below are for the period from July 1, 1920 to July 1, 1921:

Counties	Deaths
Alcona	5
Alcona	11
Alcona	13
Alcona	13
Antrim	11
Arenac	5
Baraga	5
Barry	5
Bay	69
Benzie	26
Berrien	13
Branch	13
Calhoun	37
Cass	15
Charlevoix	15
Cheboygan	13
Chippewa	20
Clare	5
Clinton	5
Crawford	5
Delta	25
Dickinson	18
Eaton	18
Emmet	13
Genesee	13
Grand Haven	13
Grand Traverse	28
Groesbeek	32
Houghton	85
Huron	28
Ingham	28
Ionia	18
Iosco	3
Iron	13
Isabella	13
Jackson	47
Kalamazoo	68
Kalkaska	131
Leelanau	7
Lapeer	2
Leelanau	3
Leelanau	3
Leelanau	27
Livingston	11
Luce	11
Macomb	21
Manistee	22
Marquette	22
Mason	9
Mecosta	10
Menominee	10
Midland	6
Missaukee	3
Monroe	2
Montcalm	2
Montmorency	0
Muskegon	15
Newaygo	19
Oakland	58
Oceana	9
Ogemaw	9
Ontonagon	10
Oscoda	4
Oscoda	2
Ottawa	26
Presque Isle	9
Roscommon	9
Saginaw	58
Sanilac	16
Schoolcraft	10
Shiawassee	24
St. Clair	41
St. Joseph	9
Tuscola	17
Van Buren	16
Washtenaw	45
Wayne	1098
Wexford	6

## Framingham Yard Sticks

By  
D. B. ARMSTRONG, M. D.

The Framingham Tuberculosis Demonstration has now been under way for nearly four and one-half years, developing its program mainly as follows:

1. The field of research.
2. The field of practical demonstration.
3. The transference of services to local responsibility.
4. The co-ordination of health and tuberculosis work.

While the period is not sufficiently long to answer the great final question on tuberculosis control, yet the work has set up many experimental standards of interest to other communities. A few of these standards, or yardsticks, are as follows:

1. How much tuberculosis is there? The examination of thousands of men, women and children in Framingham shows that approximately 1 per cent were suffering from active tuberculosis.

In a city of 100,000 people this would mean, therefore, about 1,000 active cases.

2. What percentage of cases should be reported in the early stage?

Before the Demonstration started in Framingham, the physicians of Framingham reported only 45 per cent of the cases in the early stage; now about 75 per cent of the cases are being reported as early-stage tuberculosis.

3. What are the minimum institutional needs?

In Framingham the minimum bed requirement has been from one to two beds for every annual death in the community. This hypothetical city of 100,000, with 100 deaths a year, will need therefore, at least 100 hospital or sanatorium beds to care for its adult and child tuberculosis cases needing institutional care. In fact, 200 beds will more nearly meet the needs disclosed by intensive search for tuberculosis.

The work has also endeavored to answer such important questions as the following:

1. What percentage of cases should be given hospital or sanatorium treatment?
2. What constitutes a comprehensive educational program?
3. What community machinery is necessary?
4. What will it cost?

Of course, the Demonstration is also endeavoring to answer the question, "What results may be hoped for?" In Framingham it is too early for final conclusions. However, with corrections for residence and certification errors, the tuberculosis death rate for the last Demonstration years, as contrasted with the pre-Demonstration decade average, shows a substantial decrease in mortality. Current tendencies indicate at least a 50 per cent reduction, which would mean, if applied generally throughout the United States, a saving of perhaps 75,000 lives a year.

Anything done for health usually becomes valuable only as it becomes more or less automatic and that is why the habit of sleeping with windows open is so important. It should be just that—a habit, not something that requires remembering at night. Opening the bedroom windows should be as automatic as winding the watch or clock before going to bed. Then the sleeper is always sure of a good supply of pure air during at least a third of his life—"Public Health."

## State Grange Head Says—

Mr. A. B. Cook, head of the State Grange, thinks that the Grange all over Michigan can do a great service by encouraging the anti-tuberculosis campaign in every way possible. In the past the Grange has done yeoman's service in this respect and it is ready to keep up the fight. "The Christmas seal sale that is about to begin in Michigan," Mr. Cook said in a statement, "will furnish the sinews of war in this great battle against the white plague. The Grange stands for better health in every respect and is interested in the tuberculosis campaign. I bespeak for the seal sale the active sympathy and co-operation of all Grange members in the state."

## "For God's Sake, Gentlemen, What Am I To Do?"

I know I am a consumptive. I know I shall die unless I take at once the proper treatment—Rest, fresh air and much good food, under constant medical attention.

You believe that I can infect my family, my fellow workmen, my family possibly—anyone with whom I am long in contact.

We both know that if I keep on at work I will die, and while I am dying at my work, I may start the same dreadful disease among my family and associates.

I believe my disease is not my fault. I got it from some poor fellow who was then situated just as I am now.

You believe my disease is not your fault, and of course it is not. You did not give it to me.

We both know that it was the fault of the community, which left that previous consumptive to work or live beside me while he was dying.

I am not a pauper now, but if I stop work, I soon will be. And then my disease will be so far advanced that I will surely die. And while living at home twice as long each day, I shall probably infect my children.

If I continue at work, I shall endanger my comrades, and slowly kill myself.

We know that consumption can be cured if taken in time; that every month, every week, every day that I go on without treatment, I become more hopeless, more dangerous to others, and poorer. I tell you it costs money to be sick.

I must work to live; and if I work, I die.

"FOR GOD'S SAKE, GENTLEMEN, WHAT AM I TO DO?"

The consumptive who wrote this appeal died in neglect and poverty. But first he infected some of his family, and possibly some fellow workmen who will follow him.

The campaign against tuberculosis in the United States at the present time is without question the recognized model for movements of this sort in all parts of the world, and our experience and advice are being sought from England, China, Japan, Australia, the Philippine Islands and other parts of the world—"Public Health."

"The Modern Crusade against tuberculosis brings hope and bright prospects of recovery to hundreds and thousands of victims of the disease who under old teachings were abandoned to despair."—Theodore Roosevelt.



A County Nurse in the Upper Peninsula  
This is how Miss Mary B. Garrick of Ironwood goes about in her work as county tuberculosis nurse. Miss Garrick's salary is paid from the seal sale fund.

## Who Am I?

I am the cheapest thing in the world. With me, men have felt within them the power to move mountains; to fly the air as birds; to gain the wealth of Croesus.

I am the secret of happiness. Without me the years are but a menace; old age a tragedy.

I offer myself to you and you do not heed. I bide my time. Tomorrow you will come begging, but I shall turn aside. I cannot, I will not, be ignored!

I am the sunlight of the day; the star dotted Heaven of the night. I hold your fortune in the hollow of my hand. I can make of you what I will. I am the Door of Opportunity; the open road to the Fairyland of Dreams. I am the most important thing in the world; the one thing without which all else is impossible. You ask me who I am and I shall tell you—I AM GOOD HEALTH.

## The Quitter

N. G. Pop-Pop.  
If you double your troubles,  
O'erloading the load—  
Your wagon may perish,  
At the turn of the road.

Oh, don't be a quitter,  
And give up the fight;  
There's nothing to that, and  
'Tis sure to come right.

M. Calmette, according to item in the English Journal, Tubercle, has fulfilled his desire to find an uninhabited island on which to carry out his experiments in tuberculosis. It is situated in the Archipelago of French Guinea, and is inhabited by chimpanzees.

YOU TELL 'EM  
CHRISTMAS SEAL  
YOU'VE GOT THE  
T. B. STAMPED



Christmas Seals Will Help This Boy